

## **Interview with David Wolfe**

**By Dr. Mercola**

Dr. Mercola: Welcome everyone! I am just delighted to have the opportunity to speak with David Wolfe today.

I have admired and respected David for quite some time. I actually had the opportunity to speak at one of his events, The Longevity Conference, out in Costa Mesa, California earlier this year. It was just an absolute delight and that's largely because David is so well respected in the natural health community, and he attracts what I consider to be the, sort of, graduate students of health. He attracts the people who are really committed on a really profoundly, authentically deep level to apply it as much as they can, and learn as much as they can to stay healthy, and want to use natural approaches to do this.

It was just a really great time to be out there and I'm actually scheduled to go out again in September of this year and speak; I am just highly anticipating that. It was really one of the best events I was ever at with respect to learning natural health principals, and that is largely because of David. He is really quite extraordinary.

David has spent the last 20 years dedicating his life to the experience of understanding, basically, how your body works: the chemistry and the mechanics of your body. He has lots of different passions related to health – such as organic superfoods, nutrition, herbalism, chocolate – and he is just an abundance of knowledge. He is just a really, absolutely passionate and committed person, and it is just a great load of fun to be in his presence.

We are going to talk about some interesting topics today, primarily focused on inflammation, and I'm sure you're going to enjoy it as much I will. So, welcome David!

David: Thank you so much, Dr. Mercola! We really enjoyed you and Erin at our Longevity Conference and we're excited to have you back. I really appreciate you. You're such a class act and you're reaching millions of people out there. That's how I found out about you, you reached a very, very dear friend of mine's mother and really helped her out with the information you were putting out online. I'm so glad that we've become friends and that we're working together to help improve everyone's health with all the tools that we have available.

What we're going to get into Dr. Mercola, as you know, is just tools. These are all things that all of us can try. We don't have to do them all, but we can have a little bit more leverage and strategy by hearing what we're going to dig into today.

Dr. Mercola: Absolutely. There are just so many resources that we have access to. And the sad reality of the situation is, as most people listening to this know, a good portion of this information is just actively – and, when I say actively, I mean *actively* – suppressed by these multibillion dollar industries who really do not want you to know about this information, and really seek to discredit much of it, in most cases, because they would much prefer you to select and choose their very expensive, and nearly always potentially toxic side effects, of their drug solutions, and in some cases surgery. So we're here to tell you that there are natural options to almost every health problem or condition that you'll face.

David: Well said! I completely agree. We're into what's natural and what's sustainable. We don't want to turn the planet into another trash heap. We've already seen too much plastic and too many chemicals and all the stuff we've dumped in the environment. So we're going to go natural and we're really going to dig into what is out there because there are absolutely the most incredible options ever available to us through this natural health world, via herbalism and superfoods and nutrition, and various different aspects of supplements, and some of the things that we're all into.

Dr. Mercola: Absolutely.

So, one of the important concepts that has really gained quite a bit of prominence in the recent past, because it is such an important component of many disease processes, is inflammation.

I am a really strong proponent of appreciating symptoms that we have, and not seeking to suppress them by taking something like a nonsteroidal, which, if you go to a conventional medical doctor, will be their traditional approach. Or, they'll put you on something like Vioxx, which was taken off the market years ago because it killed 60,000 people. But, it has cousins like Celebrex and all these other NSAIDS, and stuff that you can purchase over the counter that will effectively inhibit prostaglandins and shut down the inflammation, but do nothing to treat the cause.

So, that is the challenge and the complication. When you use these synthetic chemical approaches, you not only don't treat the cause, but you suffer potential side effects. So, I'm excited to discuss this with you today.

David: It's great, I know.

We are in the middle of a revolution where we realize that natural approaches can be activated at home. They activate self-healing. You can do this all in the comfort of your own home, with your own family. There are no side effects, or the side effects are positive side effects. They are the side effects of improvement when things are starting to break up.

When we break up calcification, for example, we are removing toxins. And sometimes that's a little bit of a bumpy ride. But, we are overall improving, which is such an incredible thing because it brings hope. It brings hope into the picture: that things can get better, that there are natural approaches that work, and that we can eventually get back on our feet again, for example, if we are debilitated by inflammation.

Dr. Mercola: Well, I think our listeners might appreciate the journey that you have been on to get to the point where you are at now. Were there any pivotal experiences that motivated you and empowered you on your path towards learning these tools and resources, and then in teaching others about it?

David: Well, I really got turned on when I was about 18-years-old, when I realized I was allergic to dairy products. When I say that, I am talking about the conventional, pasteurized, homogenized dairy product – that is in a plastic jug that is a gallon size – that we all bought at supermarkets.

I had very, very severe allergies, but never knew it. I didn't realize that the response that my body was giving me was, actually, a food allergy response. So, once I realized this, it changed my whole direction and I began to study nutrition.

Now, I come from a family where both my Mom and Dad are medical doctors. They met in medical school, and one of my favorite jokes is that I was conceived in a medical school library; very few people know that about me. But, that is kind of my background. I am very, very deeply embedded into the traditional medical system because I grew up in it. I grew up in hospitals, went out with my Dad on house calls for years as a three- to five-year-old child.

When I was very, very young, my Mom always told me, "If you lose your health, you've lost everything you've got. You've got to maintain your health no matter what."

I began to see that eating oranges straight off a tree, walking around barefoot when I was a kid, really made me feel good. I always had that natural proclivity, that natural inclination towards things – like eating food off a tree or eating food out of a garden – even though I grew up in San Diego, California and Los Angeles, and New York City, and didn't always have that opportunity.

So, that's a little bit about my background. It activated me when I was 18-years-old to begin to research. I, literally, spent the last 22 year of my life neck-deep into the cutting edge of what is possible out there via all these aspects we are talking about: supplements, herbalism, food, superfoods, right positive thinking, etcetera.

Dr. Mercola: Was there ever any strong encouragement or direction from your parents to follow their path into a conventional medical school? I would think that would be a likelihood.

David: That's so funny. You know what they urged me to do? Go to law school. Because they had been dealing with medical malpractice, and other things; and we all know that the conventional medical system at this point *is* malpractice. It isn't providing people with real logical solutions and the track record is abysmal.

Everybody checks references before they hire somebody. I definitely would recommend that you check references on any strategy that you apply. When you apply the conventional medical approach, not only is it troublesome and there are side effects, but in many cases, it is fatal. We don't want that. We want to stay on this planet as long as possible, and extend our longevity, and have the best day ever.

Dr. Mercola: Yes, that's true. I realized early on that one of the leading causes of death is the conventional medical system.

People say they die of heart disease and cancer; but when they actually compile statistics, they tend to use the pathological diagnosis. So, if a person dies from a heart attack that is a side effect of taking a drug – like they did with Vioxx – that death is not listed as a side effect from Vioxx or as a drug side effect. It is listed as a heart attack or a stroke, or whatever it caused. So, it's virtually impossible to discern this by looking at traditional government statistics, but that is the reality, as you mentioned. The leading cause of death is the conventional medical approach.

David: Exactly.

If you are dealing with inflammation or chronic inflammatory response somewhere in your body, let's say it's in your knees or wherever it is, maybe it's an old injury that keeps flaring up, I want to tell you about my personal case. I was very severely injured when I was 19-years-old in an accident where I could not even do a pushup for ten years, it was that kind of an accident. It was very, very debilitating, but I completely healed myself using natural approaches.

I had at least several dozen chiropractors, doctors, osteopaths tell me that I had a mechanical problem with my spine that was causing chronic inflammation and pain, and

it turns out that yoga helped me heal that completely. I can do everything today. I can do every kind of yoga, pushups, anything like that.

So, in spite of the sincere opinions of very qualified health professionals, I still was able to go beyond the information I was getting, and actually heal myself. And I want to put that out there for everybody.

You may get sincere advice. But, it may be sincerely wrong advice. Be open. Be aware that solutions are out there.

I think we will just start with that Joe, what do you think? We'll just get into talking about some of these anti-inflammatories that people can jump onto and begin to look at.

Dr. Mercola: I couldn't agree more. In addition to sincere, it's well-intentioned. That's another point that is sometimes neglected to be mentioned. It's not like there is this giant conspiracy out there; most physicians are well-intentioned. They truly believe what they are doing is what's appropriate; and it's what they use for themselves and their family. The sad reality is that they have not gone out of the box. They have not done their independent, objective research, like you have, and like others have who are interested in this, to find alternatives that work based on natural principals. So, yes, I think we should jump into the inflammation and see what the strategies and resources are that are available, because this is a challenge for many people.

David: Absolutely.

I want to start off by talking about the barefoot revolution.

I was just in Miami Beach, and everybody there was so excited to hear about walking the beach barefoot, and getting an hour and 20 minutes at least of walking barefoot in per day, if you can do that in your environment.

For example, if there is a local park or a beach nearby, where you can easily get your shoes off and take a nice little walk, this is really, really powerful in terms of helping you deal with inflammation of the ankles, knees, hips, and, I would say, even lower back.

A lot of back problems, a lot of postural problems, are caused by wearing all these kinds of shoes which are throwing out our posture in different directions, and they are also making our toes limp. Our toes lose their ability to grip. They lose their strength by the wearing of shoes.

The jury is in on this based on Christopher McDougall's great book, *Born to Run*, that came out last year and is a great read. After 40 years of the running shoe, we realize that our shoes should mimic our feet as much as possible, which is happening by the way. There are shoes that are coming out with little separated toes and all that, which is

great. But the shoe itself it actually like a cast. It doesn't allow our foot to articulate properly.

It also, and very importantly for inflammation, blocks the electromagnetic radiation of the earth, which actually has an anti-inflammatory effect. This was shown by a good friend of mine, Mr. Clint Ober, who spent the last twelve years revealing this information through thirty different studies. The studies indicate we can just touch the earth with our bare feet or our bare skin, sit down on the grass, and the earth actually releases anti-inflammatory electromagnetic radiation. This helps to draw off inflammation, in particular of our lower extremities: our feet, our ankles, knees, and hips.

Dr. Mercola: I'm glad you've encountered Clint! I first encountered him at least half a dozen years ago through a chiropractor, Jeff Spence, who took care of Lance Armstrong, and was there for all the seven victories on the Tour de France.

Lance used this technology of applying what Clint had discovered, but it was my understanding that it is not so much the electromagnetic radiation, but it's the transfer of free electrons from the earth: the grounding effect that is really, in my understanding, one of the most potent antioxidants that we know of. It just surpasses almost everything else. It's just this walking that you've mentioned that is so massively crucial, but we don't do anymore because we're encumbered by these foot casts.

David: I know! It's really a tragedy. But I'll tell you what, people are turning on to it. I'm amazed. What I like to do, and I think you're with me on this, Dr. Mercola, is give people tools that they can apply immediately that are easy, that are fun, and you can do right now. You can walk out the door, and boom! You're ready to go! Because when you get into diets and supplements, first of all you have to go buy it, then you have to figure out how to use it, then you have to get in the habit of using it. There is a lot there. But, when we get into something like getting your shoes off and taking an hour and 20 minute walk, it's simple. It takes about 80 minutes for those free electrons to actually reach your blood stream and transform your blood. This is what Clint's research has been showing. We actually did this at the Longevity Conference. We showed, within an hour and 20 minutes, how people's blood profiles changed and improved just based on being grounded for an hour and 20 minutes.

Dr. Mercola: I didn't realize there was a time component to it, but it makes sense. So, 80 minutes, we're exposed to the benefit of the earth and having those free electrons transfer into our system.

David: Well, according to the research, asphalt is an insulator, but concrete isn't.

Dr. Mercola: Oh really?

David: Yes. I have been doing a lot of research on this. This is actually research I picked up from the U.S. military strangely enough, that indicates that concrete will conduct the charge; however, asphalt will not. But, we don't really want to walk barefoot on concrete anyway. It's not an appropriate surface. It's abrasive. It's completely flat, which is not really good for our feet.

We want a moving surface, a changing surface, like exactly what you'd find on a beach. That's why I really encourage anybody that if you have that opportunity of any beach, lake, or creek, jump out there for 80 minutes per day, and get your walking in. You can do all your phone calls and everything else while you are doing that.

Now, I do want to say this, if we are exposed to EMF radiation, and we are all day long – we have Wi-Fi, cell phones and computers – this does irritate our system. It does have an inflammatory response in our system. We can help to alleviate that simply by getting outside, barefoot, touching the earth, and allowing that charge that has built up upon us to discharge into the earth. That is the grounding effect. "Ground" means that the ground, the earth, can absorb an infinite amount of that radiation that we are exposed to and that has been known, obviously, in electronics since the very beginning.

Dr. Mercola: Absolutely. So, how long have you been working with the grounding effect?

David: I am in my third year now. I have run around and been doing the barefoot hiking. I was in the jungles of Costa Rica just about a week ago, this is hilarious; and in the middle of the night, I had to hike a mile through the jungle barefoot – and that was not exactly something I was excited about. But, I did it!

It was really, really quite interesting, because you learn a lot from your environment by walking barefoot. You have a lot of insight about what is happening in the soil, for example, by walking barefoot. When you are walking across really good healthy soil, by the way, you have a really nice cooling effect, and it feels really good on your feet. And that was the benefit I felt from walking across the jungle. I got to cross a really wonderful stretch of very small little pebbles, you know those little tiny pebbles that feel really good? I walked across a stretch of that and it was kind of an interesting experience. I would recommend this for everybody. If you want to get healthy, it has to be fun for you.

Dr. Mercola: Yes, that's just really sort of a foundational health principal. Just walk outside. Breathe fresh air. Have, ideally, large amounts of your skin exposed to natural sunlight so you can optimize your vitamin D.

Interesting side note I found out yesterday. I spent most of the entire winter in a climate where I was able to spend a few hours outside every day, and of course I had my feet on the ground so I achieved the grounding effect. I actually was able to get my vitamin D level up to 90 without any oral supplementation, which is pretty extraordinary. I mean,

you really only need 50 or 60, but if you get sun exposure, you can do it. Of course, vitamin D is another way inflammation can be addressed, and I suspect that you will mention this.

David: So, let's jump into some of the interesting supplements that are out there, and foods.

I do want to talk, first, about some of the really powerful anti-inflammatory supplements, because they are so interesting and they have an immediate use. They can be used in a familiar model that we have around. For example, "take two and call me in the morning."

The first one, for me, is MSM (methylsulfonylmethane). Its discovery was based on the oxidation of DMSO – back decades ago, at this point. And its ability to neutralize inflammation is one of the great discoveries, and one of the least expensive discoveries in this field, ever.

It may be that the literal low price of MSM (methylsulfonylmethane) may be the reason why we don't hear more about it. It is so cheap, so easy. You just add it to your water or take some capsules and get going! The record of MSM shows its power to break down something that is always, by the way, associated with chronic inflammatory conditions – namely, calcification. The production of bad calcium is in the muscle tissue, at the bone level, in the tendons, or wherever it's found.

For example, if it's in the arteries, it's called plaque. These plaques are associated with being at the root cause of inflammation. And MSM dissolves bad calcium in our system! It turns it into calcium sulfate and makes it soluble so we can actually excrete it. It may even take bad calcium and turn it into good calcium, which can have a positive effect.

The dosage of MSM has to be, in the beginning, maybe 2500 mg per day. But really, we need to get up higher, to 5000 mg or 7500 mg, once we allow it to work on us. It works on us over a period of months.

We don't ever want to start anything at a very high dosage. Always be kind and gentle. Gently move into it.

I have a good friend of mine now who is taking 30,000 mg of MSM for his rheumatoid arthritis, and that is the dosage he needs to take in order to feel the complete relief of his pain.

Dr. Mercola: So he's getting benefit? Are there any side effects that people have with this or any toxicity?



David: There are side effects. One side effect is that if you take MSM it can detoxify you, and that may be too much to begin with, so you need to start small. You just eke into these things, step by step.

There is also the problem of sulfa drug allergies, which I'm sure you're well aware of. Some children who are given sulfa drugs and have an allergic reaction to them may have trouble with MSM because MSM is a type of sulfur. It is not a drug. It is a natural compound that exists in all trees; it exists in every living thing.

It is very highly concentrated in foods like aloe vera. If you don't like taking the supplement, you can always just switch over to aloe vera products which contain MSM in its natural form.

So, the side effects are the same side effects that apply to any supplement. Start slow because it can kind of unlock a box, and there may be toxins in that box. But, step by step, as we go deeper into it, we can begin to soften our digestive tissue and it goes deeper and softens up the leathery tissue inside.

It starts breaking up the plaques and eventually you will see changes not only in your liver and pancreas and those subtle things, but also in your skin, your hair, your nails, and all areas where you have inflammation, in particular your joints.

Dr. Mercola: This is something you take personally every day?

David: I took MSM in massive doses, of course starting small, for many, many years until I had broken up all the scar tissue that was associated with that injury I was talking about. Now, I take it just kind of for fun. It's not something I am major need of right now, but I like it.

Dr. Mercola: And, are there any specific characteristics that one might need to be aware of when finding a source of this? Or is it relatively generic like vitamin D, where as long as it's vitamin D3 it doesn't really matter who's selling it or where you get it from because it's pretty much all the same. But then with some other supplements of course, the quality is a very significant aspect of finding a product that is going to work.

David: Right. Quality is always a concern. The best type of MSM is wood pulp MSM. You can look for tree-derived MSM, but it's not necessary that it be that way. If you want to get started, start with what you can find, and then if you're going to upgrade to a different quality later, you look for the tree-derived MSM products.

Dr. Mercola: Okay, terrific. So what other tricks do you have up your sleeve for inflammation challenges?

David: Well, I think we can probably not go any further without talking about vitamin C.

Dr. Mercola: Okay.

David: Vitamin C is a tremendous antioxidant. It's an anti-inflammatory. It's super important for rebuilding collagen and connective tissue. It's a healer, essentially. We have heard a lot about it from Linus Paulings work that he did on vitamin C and the common cold. I'm sure you remember that from the early 70s? You probably read those when they came out, is that right Joe?

Dr. Mercola: That's right!

David: And, those were breakthrough books in opening up the consciousness of all of western civilization to vitamin C. But vitamin C maybe affects the common cold by about a 3% improvement, which isn't much. What we really want vitamin C for is to rebuild our connective tissue, to get our tissue to be healthy, and that is the anti-inflammatory effect.

Generally, you want to take your MSM and vitamin C together if you can. I always prefer the natural vitamin Cs that are on the market today, for example Acerola Cherry vitamin C, or rosehip vitamin C because it's the real vitamin C.

According to Dr. James Duke and his research on vitamin C, the best of the vitamin C botanicals (which is a fancy word for these vitamin Cs that are made out of the whole plant) is camu berry. I put in my Superfoods book, the details that Dr. James Duke has put up on his website about camu berry and its anti-inflammatory power. He actually ranks it as number one anti-inflammatory, which is amazing. I love camu berry.

I think MSM works a little bit better though because you can dose a little higher on it. If you get to a high dosage of vitamin C you start to have a little bit of diarrhea and those kinds of side effects. So, start small, build up big. Maybe you want to work up to 3,000 mg per day of a vitamin C supplement, and preferably a vitamin C plant-based supplement or botanical.

Dr. Mercola: Now vitamin C, or ascorbic acid which is the chemical name, in extract, is really useful, as you mentioned. It can cause a side effect if you take it orally, primarily because it is not being absorbed. It stays in the gut and causes this osmotic diarrhea in high doses. Invariably, it will cause this in almost anybody if he or she takes a high enough dose.

But, I am wondering if you have any experience with a liposomal type of vitamin C? Because it is my understanding that when you attach it to a liposome, the absorption goes from somewhat under 10% to pretty much 100%, and even beyond, getting into the blood stream. It actually goes into the cell, where it is needed, and it performs even

better than intravenous ascorbic acid administration. So, it seems that is the new forefront of vitamin C.

David: Yeah, I agree. You're talking about Estra-C that is attached to fat molecules?

Dr. Mercola: Well, it's not Estra-C, I don't believe Estra-C is a liposomal molecule. My understanding is that an Estra-C is somewhat oxidized and it is one I have not recommended in the past, but I could be wrong there. But that is my understanding.

These are specific, newer liposomal formulations. In some cases, they may even be nano formulas. Not the dangerous nano size, but a smaller form that gets it into the cells.

David: That is awesome. I am just on the periphery studying that. I have actually been getting into liposomal B-complex vitamins. Have you looked into that?

Dr. Mercola: I haven't. But actually, when I was at the Longevity Conference in March, Truth Calkins and I were discussing that. Truth is just another amazing resource like you, and I think he is going to be presenting at your next conference too?

David: Truth is amazing. He is one of Los Angeles' leading herbalists. He, himself, is a miracle story of healing. And one of things I love about Truth is he will just give the whole thing to you. He'll lay it all out before you.

One of the wonderful things we've all seen with this anti-inflammatory revolution that Truth really turned me onto about ten years ago is the next piece here that we should get into, which is medicinal mushrooms. And that's a story!

I do want to say this about the chronic inflammatory condition that we are all experiencing later in life. This appears to be related to certain acute infections, and it's not just that the tissue is damaged due to oxidation, or it's not just aging— it's also acute infections that are going on. It could be viral. It could be calcium forming. It could be organism infections – things that are at the very perimeter of what we understand right now. But, we do know that medicinal mushrooms are truly the original kind of idea of where we were going with the antibiotic concept. They really are what it's about.

If we want to get our immune system to ramp up and be able to fight off very longstanding chronic conditions, these medicinal mushrooms – including reishi mushrooms; cordyceps; *Agaricus blazei*; the wonderful chaga mushroom, my personal favorite; and others – should be part of our routine. They are something we should be aware of and should start getting into if we are new to this information, because they can get in there and break up some of these longstanding infections which show up as inflammation.

Dr. Mercola: Yes, it's definitely a very useful and powerful approach, and it's not one that I really focus on in my site. I actually haven't studied it personally, but I was really delighted to find that you had Paul Stamets there at the last Longevity Conference, who is, I think, recognized as, probably, one of the leading experts in the world in this area. He really shared some very useful and practical information at your last conference. This is just an example of the type of presentations that you have going on at these conferences.

David: I just want to mention about Paul. One of the innovations he has brought to the market which is so incredible is his idea of a host defense.

So, in Chinese medicine for thousands of years, it has always been known that the tree mushrooms, the mushrooms that grow on trees, could be picked and made into teas, and that these were "the elixirs of immortality."

They are powerful anti-inflammatories, powerful immune system builders. They actually have chemicals in them, like beta glucans, that protect our joints, etcetera.

Now, in the modern age, what has happened is it has been realized that these mushrooms can be grown in laboratory environments in novel ways, and be freeze dried when they just start to put out their little fruiting body, which is the part that comes out of the tree. Then, for example, you can take reishi mushroom and grow it this way. These can then be mass produced under controlled laboratory environments; and then you can combine them with other medicinal tree mushrooms like chaga, mushrooms like maitake, shiitake, that also have these immune system enhancing effects and create what is called a host defense, where the combination of all of these mushrooms together is more powerful than any one of them alone.

That is the innovation that Paul Stamets is driving with. That is what I really recommend for everybody listening. Find a good medicinal mushroom product. Maybe you want to start with one. That's how Truth started me. Truth started me on reishi mushroom. He said it was the hardest sell he ever had in his life to sell me on reishi mushroom. But, I ended up buying three bottles from him years ago in LA at an herbal shop, and the rest just blossomed into an amazing story. I got so into them, it's ridiculous.

You can start, maybe, with one mushroom; but really you want to get to a point of doing a combination of five. Usually they are cut up into 1000 mg capsules. They are easy to do, fun to take, and they have a lot of beneficial side effects – not only for the immune system, but they also give you feelings of well-being. This is another really important aspect of nutrition, creating feelings of well-being. We are not just trying to be healthy, we actually really want to be vibrant and in a state of well-being.

Dr. Mercola: Absolutely. So, are there products out there that you can purchase as powders and then you can add these together to actually put them into a protein shake that you're making?

David: Yes! That's what I'm doing here. I'm staying with Rebecca Gauthier and Len Foley, who help us put together the Longevity Conferences, and they have the powders here. So, we've been throwing them in everything.

They are available through Paul Stamets at [Fungi.com](http://Fungi.com), if you're interested in them.

They're great to just throw into everything! I like to throw them into smoothies. I will put them into my tea. I will put them into capsules and take them with me on trips. I was just in the jungle. And when you're in the jungle, there are all kinds of ants biting you, and all kinds of things around. I mean, I was bitten to pieces! Who knows what's in those mosquitoes! So, I needed to keep my immune system up. I took about ten 1000 mg capsules of medicinal mushrooms every day in that kind of environment.

Dr. Mercola: Now, for those listening who are not familiar with you, they may think that this is an unusual excursion into the jungle. So just to be more precise, I think for the last 20 years or so, you haven't stayed in one location for more than six weeks. You have a wandering itinerary of going all over the world, finding these processes and learning as much as you can about natural health. So, maybe you can expand on that.

David: You know, there is a phrase I came across recently which really I think accurately describes me. I am a field researcher. I do work in the field. I have been into the Amazon, into the jungles of Costa Rica, into the jungles of Mexico, into the jungles of Indonesia, all through Australia, New Zealand, Fiji, all over the world. Not just in the jungles, but also in the temperate ecosystems. I've been in the great ecosystems of Canada, all across the great forests of Canada.

I do want to mention this, by the way. The forests of Canada, the great boreal forests, are the last great forests left in the world. There are three times as many trees in that boreal forest in Canada as there are in the Amazon. I'm just putting that out there because we hear all about saving the Amazon. Well, more importantly, I think, and more immediate to us if we live in North America, is actually saving the Canadian boreal forest, which is actually happening. There are very, very good laws in place that keep any of that logging from occurring. I think Canada actually has a handle on it, very unlike what is going on in the Amazon.

By the way, in the Amazon, two of the things that are actually saving us are acai and cacao, which is chocolate. Those two crops help keep indigenous people on the ground there.

I do want to mention acai, which we have heard so much about from every direction. It has very powerful anti-inflammatory effects and is known to actually spontaneously apoplectically break down cancer cells in vitro. So, that is really interesting. There has been a lot of research on cancer and acai, and something like 86% of cancer cells immediately disintegrate in the presence of acai in the test tube.

Dr. Mercola: Interesting!

Well, another testimony to what you are talking to us about is your personal manifestation and representation of what this type of application does to one. It is hard to tell here, and sadly, this is one of the last interviews that we are doing without video. We are upgrading our system to allow us to capture video so people can see you while you are talking. But being in your presence, or watching one of your other videos, it is really obviously that you are just highly animated and full of energy.

You can go to the wee hours of the morning and you are just full of life and vitality. I mean, this is exactly the type of presence you want to aspire to, and this is what you get frequently if you apply these principles. So, you're really a strong testimony to the effectiveness of applying these things.

David: Thank you, thank you very much. I feel the same about you. I mean, you're obviously ahead of me in the game. I think you've been on the planet longer than I have, but your skin glows. You're an amazing doctor. I am so happy you are out there doing what you're doing. I can hardly even describe the level of joy that I feel about it, it's awesome. Just to connect with you, become friends with you and share ideas, is really where we're at. It's where the future is at. Together we are creating radical changes in the health choices that Americans are making, and people all over the world are making.

Dr. Mercola: Yes, I think that's an important principal. We weren't really planning on going into this, but it's all about collaboration. No single individual knows it all. It's really about partnering and working with others who are really committed to a similar vision and sharing knowledge. Then, by doing that and brainstorming and collaborating, we can come up with a synergy and knowledge and information that far exceeds what any individual can do by themselves. It's just really great to have people committed to finding these answers that are there that, really, nature provides. It's only left for us to understand what the reality is so that we can discern it, apply it to ourselves, and improve our health.

David: Absolutely. Absolutely.

You know what I think we should talk about a little bit? This whole prostaglandin 2 versus prostaglandin 1 and 3.

Dr. Mercola: There is always confusion about those for many people. But, I'm sure you'll clear it up!

David: So, there are pathways that occur in our body, where certain oils, especially Omega 6, can be turned into inflammatory, I guess, neurotransmitters? How would you describe a prostaglandin? Is that a neurotransmitter? Is it a hormone?

Dr. Mercola: No, actually, it's closer to home. It's a modulator. It's a biochemical modulator, typically of inflammation, but certainly of other pathways in the immune system and such, in a variety of different interventions. But, it's definitely not a neurotransmitter.

David: Okay, so, these prostaglandins, which are basically like a modulator, can have inflammatory or anti-inflammatory affects. It's prostaglandin 2 that is anti-inflammatory, is that correct? And, prostaglandin 1 and 3 are both inflammatory?

Dr. Mercola: Right. That's the traditional approach. Right.

David: Traditional approach, yes. I'm sure it's much more complicated than that.

Dr. Mercola: There are interleukins and there are all these other components that interact with them.

David: So whenever we take in oils, for example, that are rancid – like seed oils, cottonseed oil, partially hydrogenated soybean oil – this can set off an inflammatory response. Just like a food allergy can.

By the way, there are lots of people out there are suffering from inflammatory responses to food due to allergies. I do want to say that, because I certainly was one of those people.

But, when we get to these oils, when we shift away from these rancid oils and stuff you find in stores – like corn oils and those kind of things – we move to raw organic cold-pressed olive oil, raw organic cold-pressed hempseed oil. Especially with hempseed oil, we can start getting some of this prostaglandin 2 anti-inflammatory gammalinolenic acid anti-inflammatory response happening. And this little thing called GLA that is in hempseed, which is also present in Spirulina, has a very powerful anti-inflammatory effect.

We are so fortunate as Americans that we can actually get access to hempseed now because you couldn't back in the 70s and the 80s. It was only in the 90s that it really came into the U.S. and they started allowing it.

I have a friend of mine in Calgary, Alberta who is healing people with hempseed and hempseed oil, just those two. He is having amazing results, just switching people off of

very toxic, oily meat products and things that have just been cooked to death and really have nothing to do with anything natural.

He just shifts them over like, “Hey, how about having more hemp protein, hempseed and hemp oil in your diet?” He’s having wonderful effects with all kinds of conditions, but especially with anti-inflammatory affects.

Dr. Mercola: I had heard, and this may not be correct or accurate or even current, but that because of the THC, the active psychoactive ingredient in there, that the U.S. requires hempseeds to be irradiated to sort of deactivate the psychoactive element? Do you have any idea of what the current policy on that is?

David: Well, I hope that’s not happening. It’s illegal for them to irradiate organic foods that are being shipped across the border.

I rely on my friends over there at Manitoba Harvest and Nutiva, who are hempseed importers into the United States and exporters out of Canada into the United States, in order to bring the product in without it being irradiated. I trust them and believe them that it is not being irradiated. I cannot say that of all products.

By the way, if you look into food irradiation, one of the things that I just want to put out there, because I have researched this extensively, is they are using a radioactive block that usually contains radioactive cesium. This block sits in water during the night when it’s not being used, and then it’s raised up out of the water underneath a conveyer belt where all this food stuff is being pushed across. That water, though, is radioactive; and that water is not controlled. It is put right into the sewage system of any city, town, port, or wherever that radiation equipment is located.

That, to me, is an absolute crime against humanity. That is just part of this overall unconsciousness that we have about food and food irradiation and bacteria and all that stuff. We have got to now get with the program at every level, and everybody who is listening, whether you work in government or not, please help us to bring consciousness to food and food processing so that we can get out of this really abysmal state of polluting the environment haphazardly and unconsciously.

Dr. Mercola: Absolutely.

Another concern too hempseed is really a very effective source of Omega 3 fats, and the challenge with all the Omega 3s is that they have a large number of double bonds that are really susceptible to oxidation and damage.

When they are exposed to oxygen in the air, they can become rancid, essentially, and then their benefit is diminished considerably. So, it becomes very important to make sure you have a high-quality source. That’s why almost all the conventional commercial



sources of the traditional oils – the corn or the soy, or whatever is being used – is typically damaged because of this.

Even the higher quality oils have exposure to sunlight, so not having it in a glass bottle, but an amber bottle so the sun doesn't get through, is important. You also have to be aware of temperature of, course. You have to be really careful of the oxidation of the products.

One of the things we are looking at now is actually working with manufacturers to put in a very powerful antioxidant called astaxanthin, which is, actually, what is found in krill; but it's also found in algae, and it just, virtually, seems to eliminate this lipid oxidation so effectively, it's almost like putting an oxygen seal around it.

I would just exercise caution to make sure that if you choose to use these oils, that you are really careful about making sure that it's not oxidized oil.

David: I completely agree with you. We always want to store our oils, by the way, in amber glass or even Miron glass, dark glass, away from any heat source or even an electromagnetic field source, and in a place where they cannot be hit by the sun. I like to store all my oils in the "refrigerator" far away from any kind of EMF field.

Now, this is funny. People come over to my house and they are like, "Where is your refrigerator?!" Now, this is hilarious. For a couple of days, they will be walking around like, "Am I missing something? What is going on here?" And then, they realize that my refrigerator is actually my back cupboard.

I have a house up in the temperate regions of Central Ontario, Canada, and my back cupboard is cold enough to actually refrigerate food. It's 56 degrees in there Fahrenheit, so it works out! So, I am fortunate that I do not have the magnetic field that most refrigerators have. I store everything way back in the cupboards in the dark so it doesn't get exposed.

I want to mention, and this is really important in this antioxidant revolution that is occurring, there is an amazing antioxidant superherb out there called mangosteen. I am speaking specifically of the organic mangosteen powder that is now available via online retailers and is coming into stores like Erewhon in Los Angeles, California and Hollywood.

It is a very powerful antioxidant and anti-inflammatory, one of the greatest ever discovered. Mangosteen rind. It's a fruit rind, like an orange rind – but, obviously, it's not an orange. This rind has been used traditionally in medicinal systems in Southeast Asia, all the way into Indonesia, since the beginning of recorded history, since people first started living in those areas.

It is kind of a failsafe. At the very end of somebody's life, when everything else has failed and they are really suffering, get him on the mangosteen rind. It's a bit bitter, but it does work.

I do want to put a very strong mention of it out there because, if you are really suffering, answers are out there for you. The mangosteen rind is very specific. Its antioxidants are very specific in affecting rheumatoid arthritis. Something to be aware of.

Dr. Mercola: In the late 80s, I studied physician Dr. Thomas Brown's protocol, which was based on the supposition that a mycoplasma infection was causing it. I have treated over 3000 patients with rheumatoid arthritis. It was a big part of what I did when I was practicing, and so I have a lot of experience with it. For those who have it, it is a real challenge of a disease because it can be so crippling and can actually be terminal in some cases. But the pain is just tremendous.

They throw some of the most toxic drugs that medicine has at rheumatoid arthritis. And, really, the challenge for most patients treated traditionally is to get them off those toxic drugs which are killing them. But, they are in such severe pain that they have to do something. But, what I've noticed in treating rheumatoid arthritis is that there are really two central elements.

Because it is an autoimmune disease, they have to be on vitamin D. Most people in the country are low on vitamin D, but autoimmune patients are particularly low. Then, there is the emotional component. There seems to be some type of autoimmune trigger with some emotional element that seems to be present before the age of five or six. It is almost always there and seems to benefit from some solid emotional work that typically involves energy psychology. These work synergistically with the approaches that you are mentioning, because sometimes, if you don't do the basics that are independent of the herbs and the vitamins, the herbs and vitamins don't work. You get down to simple sun exposure and treating emotions, added on top of supplements, and you have a miracle.

David: I love that about you. You are an integrative physician. Because it's always all the pieces of the puzzle, and of course, being in the health field myself I see all of those pieces of it. I like to focus on the very material food and herbs that you can take, because that's fun to me; but it's certainly not the whole picture, as you are alluding to. There is a much deeper picture going on, which involves the emotional components, mental components, familial components (how your Mom and Dad treated you and your feelings about that) and many layers of emotions.

Dr. Mercola: Yes, and the only reason I brought that out is just that it's very easy when you're using natural approaches to take an allopathic approach. Even though you're using something natural, like we were talking about, you can use it as a prescription

drug; and you are using a natural supplement to treat a problem, when you really need to treat the cause and treat all the conditions that are contributing to the factor and not just look for a symptom-based solution.

David: Right on.

Let's talk a little bit about food and just some of the things that come out of the ayurvedic approach, and some things that come out of the ancient Chinese approach, about inflammation. Inflammation, of course, is "in flame" or "on fire," so let's talk about cooling off inflammatory conditions with food.

One of my favorite tools to do that is one of the most regarded in the entire litany of raw food information, and all the research that has been done on raw foods in the last 150 years, which is something that is so basic and so much fun, especially for kids. And that is vegetable juicing. In particular, celery and cucumber juice.

I was one of those kids that, when I ate tuna salad, I always had all the little celery "U" pieces at the bottom of the bowl. I hated celery. But, when I got into doing juices, I turned onto celery like nobody's business.

In fact, I was in a canyon here in California yesterday on a hike and we found wild celery growing and we ate it. It was amazing! Celery is very rich in electrolytes. It has a cooling effect on the body, which is really an anti-inflammatory effect. Cucumber does as well.

If you are wondering, "What do I eat? I am snacking on stuff and I know it's not good for me!"

Eat a cucumber a day, eat two cucumbers a day. Get something in your body that is cooling, anti-inflammatory, and that is really good for your kidneys. It's rich in natural high spin water and it's also so digestible, especially if you get the skin off and you just eat the inner part of the cucumber.

This is really an important food that can be in our diet. Overall, in my opinion, I feel like it's one of the best foods ever, just a simple cucumber. "Cool as a cucumber." A simple juice is celery and cucumber. There is no sugar. It's an instant turn on for energy. It has an instant drawing effect of toxins out of your system due to the chlorophyll that is present in the celery. It's awesome!

Dr. Mercola: Yes, and it's actually one of the least expensive vegetables that you can get!

I was re-inspired again to start juicing after going to The Longevity Conference, and I have been doing it for the last few months. The primary component of my juice is celery and cucumber, so I couldn't agree more. You can combine some other things with them.

Do you have any specific thoughts about fennel? Because it's somewhat like the celery, but I'm wondering if there are any concerns, or do you like fennel in juice?

David: I like fennel in juice occasionally. Fennel is an invasive species here in Southern California. It was brought over here by the Spanish 500 years ago and it's growing everywhere. It's an absolute weed.

Fennel is implicated for headaches. If you have chronic migraines, for example, you're supposed to do fennel juice. That's according to the legends and lore of raw food nutrition over the last 150 years. I have had people do it over the years and report that it helped them. I like fennel. It's indigenous to the Mediterranean. It has a very strong cooling effect, as do celery and cucumber. Generally, it's a thumbs up. In that family, for me personally, I really like dill.

Dill is related to fennel, but I really like dill. By the way, fennel, dill, and everything that is in that family, is very good for producing breast milk in women.

Dr. Mercola: That's a good hint, because we know the best nutrition an infant can get is breast milk, and an interesting side effect is that almost all the commercial infant formulas sold in this country are just devastating crap, and they are really causing huge problems in infants that are using them as an exclusive form of nutrition. So, definitely, anything you can do to promote breastfeeding is just extraordinary.

David: Absolutely. There are so many things that get brought across. And, just as a point of reference on that, because I'm so into immune system technology and immune system research, do you recall Dr. Lawrence's research about transfer factors?

About 60 years ago, he discovered that the smallest molecules in a mammal's milk, your Mom's breast milk, are actually what carry the immunity information. I find that very fascinating. What apparently is carrying it is the high spin water that is in the milk of a mammal, and that is really all about hydrogen. This kind of guides us into a little bit of what I want to touch on too.

I have mentioned this product line to you before, Dr. Patrick Flanagan's MegaHydrate and his Crystal Energy product, which are phenomenal anti-inflammatories. I just think they are some of the greatest youthening products out there as well, and you mentioned about the oxidation of oils.

This is something I have been made aware of by Patrick, who developed those products, and also by just my own experience. As you digest oils, you're going to have a

reaction in your gut that is going to go into digestion. You're going to have acids produced, you're going to have enzymes secreted. That can actually increase oxidation of the substance and therefore you may only get, who knows, maybe it's 10% or 40% delivered to the cells.

What I have noticed by taking MegaHydrate and/or Crystal Energy with everything is that it increases that delivery. For example, if I take krill oil, I feel the delivery into my nervous system whereas I never felt it before; and don't feel it if I don't take the MegaHydrate with it. The MegaHydrate is an antioxidant delivery system. So, whatever you are taking it with gets there without oxidation. It shields it in the way that the astaxanthin you mentioned before shielded the substances.

Dr. Mercola: The nice thing about krill is it is attached to a phospholipid, typically phosphatidylcholine or phosphatidylserine, and that attachment really is what allows almost 100% absorption – unlike fish oil, which tends to be relatively poorly absorbed, and it causes belching and burping that many people have. That's why you don't get it with krill. It tends to work pretty well and get to the tissue it needs to.

But, I am wondering about this MegaHydrate. I have read the literature for it before and it seems that one of the benefits promoted is the hydrogen ions are electrons. I am wondering, from your experience, because I am trying to resolve this between the electrons that are transferred through a product like MegaHydrate, relative to the ones that you would get through grounding that you talked about earlier.

David: That's a great question and I have been trying to resolve that myself! I have heard it said that when you go outside and you walk barefoot on the earth, you are actually absorbing hydrogen right through your feet. It's coming out of the earth. It's the carrier of the electron.

Now, I'm going to dig into that with Clint Ober this weekend. I am going to talk to him specifically about that.

Dr. Mercola: Well, please enlighten me when you resolve it, because one of our subscribers asked me a question and I was trying to resolve it and I just couldn't figure it out. I just concluded that my approach is always: the more natural and the more simple is better; so it would probably be better and less expensive and less toxic just to walk on the ground rather than to take a product. But, that may be an oversimplification.

David: Well, there is a gating system, for sure, when we walk outside barefoot. We're really designed to be barefoot all the time, although that's impossible today. But, therefore, the gating system does not allow those electrons to fully penetrate all the way into our system unless we are grounded all the time. Does that make sense?

Dr. Mercola: That makes perfect sense, yes.

David: It takes a while for all those electrons to get deep into our system. So, if we can, bring them in other ways, for example, through antioxidants. By the way, just to simplify that, they can be understood as pigments of color. I mean that's really what an antioxidant is.

There are some exceptions, of course. But, in general, foods that are richly pigmented, like blueberries or goji berries or Spirulina or astaxanthin, the color pigment is the antioxidant. In particular, that colored pigment is a hydrogen concentrate.

The same could be said with oils and fats that are really good in antioxidant qualities, just simple raw nuts, like pecans or almonds, are good antioxidants because the fat is carrying a huge amount of hydrogen, which is free electricity – negatively charged electricity – and that actually helps to nourish our electrical system of our body, which by the way is a very important system.

When we become electrical deficient, for example, we become deficient in negatively charged electricity – which could be understood as negatively charged hydrogen – which is when the trouble starts. So, any hot spot of inflammation, let's say it's in our knees, it's associated not only with an electron deficiency or an antioxidant deficiency, but, very specifically, with a positive charge. Now, that is really interesting. This calcification inflammation can be neutralized by a negative charge electrically, and that's actually what Clint Ober discovered, and that's one of the things I've been working on when we do conferences. Everybody who has a longstanding chronic pain, what we do is take an electrical rod, stick it in the ground. There is no electricity at all; it's just the earth's electricity. And we run that right to the point where the pain is. Within minutes, generally, even if that pain has been there for months or years, the pain is alleviated.

I had this happen in Costa Rica, actually, on this last retreat we did. There was a woman who was very, very out of sorts because she had flown all the way from Northern Europe to Costa Rica, and her sinuses were wacked out. I, literally, put a rod in the ground, ran the electrical wire right above her eye, right next to her nose. There is a meridian point there in Chinese medicine and she was really feeling a lot of pain there. In fact, she wouldn't even let me touch it, she was in such pain. She just put that on there and it alleviated her pain and allowed her to get through that very excruciating sinus experience.

Dr. Mercola: It's amazing, with simple approaches that are really one of the keys and clues. If you could find a simple approach that is so effective, you know you're on to something really great.

David: That's what I love about what you're doing, too. You give the information out there and the whole industry benefits. I do want to mention that Dr. Mercola's work is benefitting an entire industry. There are people out there who financially capitalize on what you're doing, Dr. Mercola, and you don't get any credit for it. But, you do it anyway, and your team does it anyway, because it's good for people. That, to me, is a noble enterprise; and I appreciate that. And I want everybody out there to appreciate it, too, because what you're doing is awesome work for an entire industry. It nourishes all of us.

Dr. Mercola: Well, thank you, but we certainly need to make a living and we have our expenses. Fortunately, this site is able to provide for those; but our whole purpose and mission is to change the system. It just makes perfect sense for us to do that.

When you were talking, it occurred to me that I was on a field trip last week and was meeting with some research scientists. I don't know if you've heard this, but you need to know this. This astaxanthin is amazing! It works for three different things.

It actually prevents against sunburn, so if you take 4 mg of astaxanthin you won't get sunburnt. There are animal studies that I reviewed on this that proves it eliminates cataracts and it eliminates the most common cause of blindness in the United States, which is age-related macular degeneration.

Now, if you have it, it won't treat it. It will just stop it from progressing, but it actually prevents it from happening to begin with.

Then, lastly, which is an extension of this, but I just had some initial confirmation of this, is probably one of the best things you can do if you are going to fly. At The Longevity Conference you taught me a phenomenal tip – which was so common sense – but it's to fly at night. But, if for whatever reason you're not able to fly at night, then if you can take this, you're going to protect your cells from that radiation damage.

David: This astaxanthin is just something else, isn't it?!

Dr. Mercola: Oh gosh!

David: So, what is the best source of astaxanthin? Do you have a product out now that has astaxanthin in it?

Dr. Mercola: We are actually working with a company that we are probably going to be able to provide it, but I think they do this supercritical carbon dioxide extraction, so it's removed in the most highly active source possible and concentrated for us. So, it's extracted from algae.

Basically, it's a seafood component. And it's in salmon, and it's in krill, but it's in higher concentrations in algae. So, it's taken from there, and concentrated and used as a

supplement. It's a bit pricy, but it's SO effective. I've just started adding it to my regimen. I'm so convinced by the data. It's just amazingly, crazily good stuff.

David: When I was writing my last book, the Superfoods book, one of the things that came up was Jacques Cousteau's research, and he said "the future of nutrition is in the ocean." I can't help but think that every time I hear about astaxanthin, because it seems like it is one of these miracle things. I've always loved it. Every time I've taken it, it made me feel like a million dollars. Actually, a million dollars isn't worth much anymore – it made me feel like a billion dollars!

Dr. Mercola: That's true!

David: It's just something awesome and that's what we're really requesting of everybody. Start participating in this grand health revolution that is occurring, that is allowing all of these amazing products to show up into health food stores and allows you to get access to them. I do want to mention, because we're onto the astaxanthin thing: there is the whole piece of this that comes out of the ocean, the marine phytoplankton that are now being sold, that have all the phospholipid characteristics and help even to deliver the krill oil.

So, I want to mention that I will take marine phytoplankton – with krill oil, with MegaHydrate, with reishi mushroom all together – and that is one heck of a blast-off. Not only is it a super powerful anti-inflammatory, but it's a super amazing brain nourishing strategy to get your brain sharp, so everything is clicking. Your memory is there.

Joe, everyday people say, "What can I do for my memory?" Every day people say that to me. What I just said is something you can do! Marine phytoplankton, which is a liquid product. I really like the Ocean's Alive marine phytoplankton that is out there. I love the krill oil that you have; thank you for doing that. You can take, then, the MegaHydrate, and then reishi mushroom capsulated powder, and boom! You do all four of those together and you are singing and dancing!

Dr. Mercola: Absolutely! Then sometimes, too, it's not so much what you're adding in, like all the superfoods you just mentioned, but it's what you're removing. The most common source of calories in the U.S. is high-fructose corn syrup. Some people might still be hooked on it and in a transition; but you have to get rid of the bad foods. Then you will see changes – not only in your memory, but in many of these other areas, especially with inflammation – because those are the things that cause it to accelerate.

When you increase your insulin levels, and you increase trans fat and bad things, those accelerate the prostaglandin pathways that promote inflammation.



David: I think we are going to close on that idea. I do want to mention this because this is where I wanted to land it. Definitely, these rancid oils and all this stuff is totally toxic and causes inflammation. I do want to mention this thing about water.

We know there is a relationship between chronic inflammation and calcification. So we have to be very careful of the type of calcium that is coming into our body. In particular, we want to avoid dirty calcium, bad calcium that is coming out of poor quality water, even tap water or any kind of water that is high in minerals that leave a white film behind.

We've all seen that with scale in our bathtub or white formations that show up around your shower head. If you drink that kind of water, what's happening is you're increasing your load of bad calcium, which appears to be associated with inflammation. So, we always want to drink a low TDS water; now, what the heck does that mean? It's a low mineral water, or a low calcium content water, in order to alleviate inflammation. Now, the reason why I am bringing this up is because there is a lot of confusion about this alkaline water stuff.

Now, water that is high in calcium is alkaline, but is not good for you. We want water that is, say, for example, rich in magnesium, which is alkaline; but it's totally different than water that is rich in calcium. Well, water is notoriously contaminated with too much calcium, and therefore, can lead down a pathway of arthritis. There is a very solid relationship – over a 100 years of medical research on this – between well-water drinking that is high in calcium and arthritis. Of course, arthritis is always surrounded by an inflammatory response. So, if you can get your water purified to the point where you've gotten all those bad minerals out, namely calcium, and secondarily, iron, then you really have something you can hang your hat on, that you can drink.

Daniel Vitalis and I have been working for years to try to create education out there and free water out there for everybody by putting together a spring resource site, called [findaspring.com](http://findaspring.com), where you can get low TDS, low calcium water for free in your local ecosystem, that is coming out of the ground 24 hours per day, seven days per week, ice cold, anti-inflammatory, real spring water, available to you for free on that site. So, that is something to be aware of as well.

Dr. Mercola: I had a recent two-hour conversation with Daniel and he, incidentally, is going to be speaking at your next Longevity Conference in Costa Mesa in September. He is a fascinating guy! Interestingly, I asked him who his inspired mentors were and he listed you as his primary one. But, one of the key principals I got after talking with him is that this water is so far beyond our normal concept of water. I mean, we talked for two hours about this, and it's really hard to try to condense in a few minutes, but it's this concept of raw water. There is almost as much difference between the type of water

from a mountain spring as you get from your tap water, as there is between raw milk and traditional commercial pasteurized homogenized milk. Maybe even more!

Interestingly, we talked a bit about the ionized water, and he wasn't a big fan of those, either, for a number of reasons. But, he's a water expert; he just travels all around the country just finding these springs. The pH of the water that he liked the best was actually closer to 5.5; it was very acid water and he was not really a fan of the alkalizers. The cost is an issue, but we can all find resources, typically, to cover these costs, because it provides a benefit. But, the more significant concern is that, even though it may cause you to feel fine initially, the concern is for the long-term implications of using that water chronically.

David: Exactly. I do want to mention that on the pH 5.5 in spring water, what that means is that the water is high in hydrogen. So, it's like MegaHydrate. MegaHydrate is made out of spring water, and it's a concentrate of the hydrogen of spring water with a few minerals added, silica hydride for example, and oleic acid in order to coat that. That is the product of MegaHydrate.

You can get the powerful hydrogen anti-inflammatory effect that literally dissolves bad calcium. I mean, really, if we want to get the bad calcium out of our system that is causing tendonitis, chronic problems in our joints, etcetera, this hydrogen that is coming out of spring water can dissolve it.

I do have the actual test tube results pictured in my new Longevity Now Program, which the second edition is coming out here soon. I do have that picture in there of how hydrogen dissolves bad calcium, which is a very important piece of information. Because, again, underneath the inflammation appears to be a chronic calcification.

Dr. Mercola: Yes, so let me just summarize what I think is a really important point, and then we can close or provide the summary that you would like to. I want to emphasize that there is significant concern, because many people who are interested in health have been caught up into the hype. And, actually, there is a multilevel marketing hype of these alkalizers and these water ionizers. And, just from what you said, I just want to caution you that you really need to look at this carefully, because you may be actually doing the exact opposite of what you want to achieve.

You are not going to get this hydrogen ion benefit. You are actually going to get the opposite. So, just be cautious. I know there are a lot of anecdotal testimonials that they use, but that may be acute, not long-term. So, we have people who have studied this a lot longer and harder than many people out there, and they have some concerns.

David: Yes, definitely. And, again, always move forward kindly and gently. In summary of everything, we've covered a wide range of interesting subjects. We have talked about moving forward with grace and ease and being in the flow. Always start small.

We started out with MSM, methylsulfonylmethane. We dug a little bit into vitamin C. We got into the medicinal mushrooms. We talked about some gammalinolenic acid products (GLA products) that are in hempseed; we have seen it also with Spirulina. We dug into astaxanthin, which is great. MegaHydrate, krill oil, marine phytoplankton. We got specific on some of these mushrooms, including reishi mushroom. We talked about some food, including celery and cucumber. And, of course, there is the whole barefoot piece, and just being able to get that natural energy coming up from the earth, that anti-inflammatory energy, which also gets our posture in the correct positioning, so our joints are going to be happier just from that alone. We got into spring water; there is a lot in that whole piece about the nature of hydrogen and how it dissolves bad calcium. We have been referencing all along this idea that if we can get underneath that inflammation, we might find that it's bad calcium that is the cause – not good calcium, like you'd find in broccoli or vegetables, but bad calcium – like what comes up in well water, or what might be dug up in a mine in Mexico and sold as a calcium carbonate supplement, which does not increase bone density and does not actually do what it's stated to do. Doctors and nutritionists are now aware of this.

We also got into this idea of doing what you can, as you can do it. Just add things in, have fun, have a good time with all of this, and participate in the greatest revolution in the health field ever in the history of the world.

Dr. Mercola: I couldn't agree more! For those of you who enjoyed this and would like to hear more, I couldn't encourage you enough to sign up and attend the Longevity Conference in Costa Mesa in September.

I spoke there in March and it was about 700 people and it was sold out. The response was so good that they've increased the size to 1000 to accommodate more people.

As I said earlier, it's really one of the highlights of the year for me. I had such a good time there. The people are just outrageously great – the camaraderie there, the learning environment, the hotel is phenomenal and relatively inexpensive for the quality that is there – it's just amazing. It's just the go to event for me, and I really wouldn't miss it for anything. I actually had to reschedule my schedule to attend, and I'm glad I did. So, if you like this information, I encourage you to get out there.

David: Fantastic! Thank you for that, and we really appreciate your participation, and the energy and information that you bring in, not only to the conference, but out there to the people. Please support Dr. Mercola and keep the mission going. Thanks for tuning in for

what my angle is on this whole health field, and I hope to meet you out there sometime soon. I wish you the best day ever!